



## **My Pink Elephant**

**I am sure you have noticed that it has been extremely quiet on [chewnobaca.com](https://chewnobaca.com) ever since I declared me starting my new adventure!**

**Yes yes yesssss** I know, I had declared to start a new chapter with a parade, confetti and fireworks. I was ready to pursue new culinary adventures. All started well, but it got very quiet veryyy quickly.

**You see the one thing that I had underestimated, was the Pink Elephant in my life! A pesky thing called - my burnout.**

**Let me tell you, I was extremely naive about it. For I have always been ambitious and a go-getter, I was not going to allow this Pink Elephant to consume me. How dare she stampede into my life uninvited!**

**Ahhh but I had a plan, I would not allow it to stop me from functioning. Nee nee! Soooo armed with planned days of sleeping in and some Netflix & Chill, I knew I would be freed from this unwanted guest.**

**Ayooooo Pink Elephant, 'I shall be cured of thee' is what I thought. Easy Peasy! Danngggg was I wrong. As plenty of mature women in their thirties before me, I simply brushed off what I was feeling as a bit of exhaustion. Just a tad of being overworked. Because why would I need 'help'? I did not need to take a break to focus on my mental health, nu-ah!**

**Mental health issues?!? Heck no, that only happens to the mad and crazy - right? Burnout?!? Heck no, that only happens to the weak and fragile - right?**

**NOT right, I was extremely WRONG!!!**

**Step one was to acknowledge that a burnout can happen to anyone and there is no shame in it. Having a burnout does not mean you are crazy, weak or fragile. It just means you are human. Being what you consider successful and doing what you love, does not make you immune from it.**

**I decided to start opening up to more people. I felt the need to talk, to share with more people than just my ever faithful BFF (seriously would not know where I would be without one of the best humans I know, my best friend - love youuuu Boo!). I wanted to know how many other 'successful' people were going through this thing. Why were there not more people sharing stories about their unwanted Pink Elephants? Whenever I would people-watch my peers, REM's 'Shiny Happy People' would be the soundtrack playing in my mind.**

**It always seemed so perfect, such shiny cars, such happy faces with such perfect lives. Or at least that is what appearances and Facebook had me believe. So I did a very unconventional thing, I actually started asking the simplest of questions in the most honest of ways.**

**I started to genuinely ask - How are you? And all I did was this: when I would get the standard polite response of 'Bon y abo?' (in English: Good and you?)**

**I would say 'well not so good, I have a burnout and decided to take a break from everything to focus on my mental health'.**

**The funniest responses were the ones where people would just give me the Deer-in-headlights-stare and I could just see their discomfort take over. How they would slowly backtrack away from me as to not have to talk about themselves and also to not be infected with this burnout, because it might just rub off on them.**

**But I have also experienced some really cool responses. Some people actually opened up about their experiences with mental health issues. It has been extremely comforting and educational even, to be able to genuinely have a convo about Pink Elephants - about burnouts and about other mental health issues. And the one thing that stood out was that there are plenty of people on this 'One Happy Island' that want to talk about these subjects.**

**So I wonder why are we not having more of these conversations?**

**I guess it starts with us, maybe when we start putting mental health on the same page as physical health will we give it the attention it deserves.**

**As for me, I have become better acquainted with my Pink Elephant.**

**I understand it better, I have discovered where it comes from, what triggers it and I am now better equipped to prevent it from stampeding into my life and just taking over. It is a houseguest I hope to never have again and I realize that I have control over that.**

**So long Pink Elephant, you have been evicted for now!**

**I am more than ready to continue my FARlable life and here I go!**

**Mind you this was all pre-COVID19, I do still ask the same question - I just keep the mandatory 1.5 meter distance : )**

**Would you like more info on burnouts, please [click here](#)**

**During our Shelter-in-Place time I have been creating new recipes for the website as well as items for Chernobaca's new [Plant-Based Party Snacks](#) which will start as per July 7th 2020.**

**Plant-Based Party Sweets & Treats? You heard it right!**

**Order these yummy plant-based snackies so you can get to hosting!**